



Serves: 4

Vegetable Makhni

Ingredients

- Cauliflower, cut into florets 100g
- Carrot, 1cm cubes 100g
- French beans, 1cm cubes 50g
- Green peas 50g

Makhni Sauce

- Tomato puree 250g
- Red chilli powder 1 tsp
- Garam masala powder ½ tsp
- Sunflower oil 1 tbsp
- Salt, to taste
- Ginger powder 1 tsp
- Kasuri methi (dry fenugreek leaves) 1 tsp
- Honey 2 tbsp
- Light cream 1 tbsp
- Water, warm ¾ cup
- Low-fat evaporated milk 2 tbsp

Tips:

- Use unsaturated oils (e.g. soybean oil, corn oil, peanut oil) instead of saturated oils (e.g. ghee, butter, blended vegetable oil) to reduce your risk of heart disease.
- Plant-based foods such as wholegrains (e.g. brown rice, wholemeal bread and oats), vegetables, fruit and beans are rich in fibre, which promote the feeling of fullness and also help in blood sugar control.
- Cooking carrots and tomatoes helps to release their phytochemicals, thus making them more available for absorption by the body.

Method

- Blanch all vegetables in boiling water, remove and drain.
- Cook tomato puree over slow heat till it starts to boil.
- Add red chilli powder, garam masala powder, ginger powder, fenugreek leaves, oil and honey.
- Mix well and cook for 4–5 minutes. Stir continuously.
- Add in ¾ cup warm water and let it boil.
- Reduce heat and stir in cream and milk. Season with salt and cook for a few more minutes to get a nice, smooth sauce consistency.
- Add in all the blanched vegetables, mix well and leave over slow fire for 3–4 minutes.
- Remove and serve hot.
- Best enjoyed with Pulao rice or Naan.

Nutrition Information (Per Serving):

Energy (1kcal = 4.2kJ) 134 kcal
Protein 3.5g
Total fat (g and % of total calories)
5.0g (32.0%)
Saturated fat 0.7g
Cholesterol 1mg
Carbohydrate 20.4g
Dietary Fibre 2.2g
Sodium 327mg